



## *Frequently Asked Questions*

### ◆ **How long is New Haven's program?**

Our program will be tailored to the needs of you and your family, so your length of stay will depend on the work your family needs to do. The average stay at New Haven is 11 months. That's a long time. But most of our graduates never need inpatient or residential treatment again. So when you go home, you'll get to stay at home.

### ◆ **How much therapy will I have?**

Each week you'll have 90 minutes of individual therapy, 90 minutes of family therapy, and about 15 hours of group and recreation therapy. Your parents will be doing their own therapeutic work alongside you. Your family will grow stronger together so that when you're ready to go home, you won't be the only one who's changed.

### ◆ **What will I do for fun?**

It's not all school and therapy. You'll have movie nights, spend time hanging out with the other girls, do art projects, play games, and participate in sports. After a few months, you'll be able to go off campus to take a lesson in any subject you'd like, such as dance, gardening, music, acrobatics, aerial yoga, horseback riding--anything you love or think you'll love!

◆ **Can I shave at New Haven?**

Yes! You can shave using an electric razor.

◆ **Can I bring makeup and jewelry?**

Of course. Bring your makeup, but make sure there are no mirrors or glass containers. You can wear your jewelry too, as long as you're not on "safety" phase. (You'll be on safety when you first get here, but only for a few days.)

◆ **Will I have access to my phone and computer?**

You will, but not for the first few months. During the beginning of your stay, you'll be focusing on yourself, therapy, and relationships. Later in your stay, you'll have the opportunity to practice staying engaged with your in-person relationships and therapeutic work, while also using the technology you'll have at home.

◆ **How will I talk to my friends and family?**

You'll talk to your family on the phone at least twice a week--during family therapy and a weekly Sunday phone call. But you can also send and receive emails to your family every day. You can write letters to your friends in the beginning, and then start calling them after a few months. Once you get your phone and computer, you can communicate more frequently with your friends and family.

◆ **Can I visit home while I'm at New Haven?**

You bet. In fact, home visits are part of the program. Beginning about half way through the program, you'll start going home so that your family can practice what you've been working on in therapy. How often and how long you'll go home depends on what you and your family need. Every other month, your family will also come to Utah for family weekend.

